

NUTRITION FACTS

Rice, white, long-grain, cooked ▾

Amount Per 100 grams ▾**Calories** 130

	% Daily Value*		
Total Fat 0.3 g		0%	
Saturated fat	0.1 g	0%	
Polyunsaturated fat	0.1 g		
Monounsaturated fat	0.1 g		
Cholesterol 0 mg		0%	
Sodium 1 mg		0%	
Potassium 35 mg		1%	
Total Carbohydrate 28 g		9%	
Dietary fiber	0.4 g	1%	
Sugar	0.1 g		
Protein 2.7 g		5%	
Vitamin A	0%	Vitamin C	0%
Calcium	1%	Iron	1%
Vitamin D	0%	Vitamin B-6	5%
Vitamin B-12	0%	Magnesium	3%

NUTRITION FACTS

Milk, 1% fat ▾

Amount Per 100 grams ▾

Calories 42**% Daily Value*****Total Fat** 1 g 1%

Saturated fat 0.6 g 3%

Polyunsaturated fat 0 g

Monounsaturated fat 0.3 g

Cholesterol 5 mg 1%**Sodium** 44 mg 1%**Potassium** 150 mg 4%**Total Carbohydrate** 5 g 1%

Dietary fiber 0 g 0%

Sugar 5 g

Protein 3.4 g 6%

Vitamin A 0% Vitamin C 0%

Calcium 12% Iron 0%

Vitamin D 0% Vitamin B-6 0%

Vitamin B-12 8% Magnesium 2%

NUTRITION FACTS

Egg, boiled ▾

Amount Per 100 grams ▾

Calories 155

		% Daily Value*	
Total Fat	11 g	16%	
Saturated fat	3.3 g	16%	
Polyunsaturated fat	1.4 g		
Monounsaturated fat	4.1 g		
Cholesterol	373 mg	124%	
Sodium	124 mg	5%	
Potassium	126 mg	3%	
Total Carbohydrate	1.1 g	0%	
Dietary fiber	0 g	0%	
Sugar	1.1 g		
Protein	13 g	26%	
Vitamin A	10%	Vitamin C	0%
Calcium	5%	Iron	6%
Vitamin D	21%	Vitamin B-6	5%
Vitamin B-12	18%	Magnesium	2%

NUTRITION FACTS

Bananas

Amount Per 100 grams ▾**Calories 89**

	% Daily Value*		
Total Fat 0.3 g		0%	
Saturated fat	0.1 g	0%	
Polyunsaturated fat	0.1 g		
Monounsaturated fat	0 g		
Cholesterol 0 mg		0%	
Sodium 1 mg		0%	
Potassium 358 mg		10%	
Total Carbohydrate 23 g		7%	
Dietary fiber	2.6 g	10%	
Sugar	12 g		
Protein 1.1 g		2%	
Vitamin A	1%	Vitamin C	14%
Calcium	0%	Iron	1%
Vitamin D	0%	Vitamin B-6	20%
Vitamin B-12	0%	Magnesium	6%

NUTRITION FACTS

Apple ▾

Amount Per 100 grams ▾**Calories** 52

	% Daily Value*		
Total Fat 0.2 g		0%	
Saturated fat	0 g	0%	
Polyunsaturated fat	0.1 g		
Monounsaturated fat	0 g		
Cholesterol 0 mg		0%	
Sodium 1 mg		0%	
Potassium 107 mg		3%	
Total Carbohydrate 14 g		4%	
Dietary fiber	2.4 g	9%	
Sugar	10 g		
Protein 0.3 g		0%	
Vitamin A	1%	Vitamin C	7%
Calcium	0%	Iron	0%
Vitamin D	0%	Vitamin B-6	0%
Vitamin B-12	0%	Magnesium	1%

NUTRITION FACTS

Mangos

Amount Per 100 grams ▾**Calories** 60

		% Daily Value*	
Total Fat	0.4 g	0%	
Saturated fat	0.1 g	0%	
Polyunsaturated fat	0.1 g		
Monounsaturated fat	0.1 g		
Cholesterol	0 mg	0%	
Sodium	1 mg	0%	
Potassium	168 mg	4%	
Total Carbohydrate	15 g	5%	
Dietary fiber	1.6 g	6%	
Sugar	14 g		
Protein	0.8 g	1%	
Vitamin A	21%	Vitamin C	60%
Calcium	1%	Iron	1%
Vitamin D	0%	Vitamin B-6	5%
Vitamin B-12	0%	Magnesium	2%

Spinach Vegetable



Spinach is an edible flowering plant in the family Amaranthaceae native to central and western Asia. Its leaves are eaten as a vegetable. It is an annual plant growing as tall as 30 cm. Spinach may survive over winter in temperate regions.

[Wikipedia](#)

Scientific name: *Spinacia oleracea*

Higher classification: [Spinacia](#)

Rank: Species

Did you know: Cook, stirring with a wooden spoon and deglazing the bottom of the pan with the liquid that comes off the spinach, until spinach wilts, 2 to 3 minutes.

Nutrition Facts

Spinach

Amount Per: 100 grams

Calories: 23

Total Fat: 0.4 g

Total Carbohydrate: 3.6 g

Protein: 2.9 g

NUTRITION FACTS

Orange ▾

Amount Per 100 grams ▾

Calories 47

	% Daily Value*		
Total Fat 0.1 g		0%	
Saturated fat	0 g	0%	
Polyunsaturated fat	0 g		
Monounsaturated fat	0 g		
Cholesterol 0 mg		0%	
Sodium 0 mg		0%	
Potassium 181 mg		5%	
Total Carbohydrate 12 g		4%	
Dietary fiber	2.4 g	9%	
Sugar	9 g		
Protein 0.9 g		1%	
Vitamin A	4%	Vitamin C	88%
Calcium	4%	Iron	0%
Vitamin D	0%	Vitamin B-6	5%
Vitamin B-12	0%	Magnesium	2%

NUTRITION FACTS

Dates, deglet noor ▾

Amount Per 100 grams ▾**Calories** 282

	% Daily Value*		
Total Fat 0.4 g		0%	
Saturated fat	0 g	0%	
Polyunsaturated fat	0 g		
Monounsaturated fat	0 g		
Cholesterol 0 mg		0%	
Sodium 2 mg		0%	
Potassium 656 mg		18%	
Total Carbohydrate 75 g		25%	
Dietary fiber	8 g	32%	
Sugar	63 g		
Protein 2.5 g		5%	
Vitamin A	0%	Vitamin C	0%
Calcium	3%	Iron	5%
Vitamin D	0%	Vitamin B-6	10%
Vitamin B-12	0%	Magnesium	10%

Meat

Food



Meat is animal flesh that is eaten as food.

Humans have hunted and killed animals for meat since prehistoric times. The advent of civilization allowed the domestication of animals such as chickens, sheep, rabbits, pigs and cattle.

[Wikipedia](#)

Nutrition Facts

Meat

Amount Per: 100 grams

Calories: 143

Total Fat: 3.5 g

Total Carbohydrate: 0 g

Protein: 26 g

[More nutrition information](#)

PEOPLE ALSO SEARCH FOR

[Vegetable](#)

[Beef](#)

[Chicken meat](#)

NUTRITION FACTS

Potato ▾

Amount Per 100 grams ▾**Calories** 77

	% Daily Value*		
Total Fat 0.1 g		0%	
Saturated fat	0 g	0%	
Polyunsaturated fat	0 g		
Monounsaturated fat	0 g		
Cholesterol 0 mg		0%	
Sodium 6 mg		0%	
Potassium 421 mg		12%	
Total Carbohydrate 17 g		5%	
Dietary fiber	2.2 g	8%	
Sugar	0.8 g		
Protein 2 g		4%	
Vitamin A	0%	Vitamin C	32%
Calcium	1%	Iron	4%
Vitamin D	0%	Vitamin B-6	15%
Vitamin B-12	0%	Magnesium	5%

NUTRITION FACTS

Tomatoes, red ▾

Amount Per 100 grams ▾**Calories 18**

		% Daily Value*	
Total Fat	0.2 g	0%	
Saturated fat	0 g	0%	
Polyunsaturated fat	0.1 g		
Monounsaturated fat	0 g		
Cholesterol	0 mg	0%	
Sodium	5 mg	0%	
Potassium	237 mg	6%	
Total Carbohydrate	3.9 g	1%	
Dietary fiber	1.2 g	4%	
Sugar	2.6 g		
Protein	0.9 g	1%	
Vitamin A	16%	Vitamin C	22%
Calcium	1%	Iron	1%
Vitamin D	0%	Vitamin B-6	5%
Vitamin B-12	0%	Magnesium	2%

NUTRITION FACTS

Onions ▾

Amount Per 100 grams ▾**Calories** 40

	% Daily Value*		
Total Fat 0.1 g		0%	
Saturated fat	0 g	0%	
Polyunsaturated fat	0 g		
Monounsaturated fat	0 g		
Cholesterol 0 mg		0%	
Sodium 4 mg		0%	
Potassium 146 mg		4%	
Total Carbohydrate 9 g		3%	
Dietary fiber	1.7 g	6%	
Sugar	4.2 g		
Protein 1.1 g		2%	
Vitamin A	0%	Vitamin C	12%
Calcium	2%	Iron	1%
Vitamin D	0%	Vitamin B-6	5%
Vitamin B-12	0%	Magnesium	2%

Lettuce

Vegetable



Lettuce is an annual plant of the daisy family, Asteraceae. It is most often grown as a leaf vegetable, but sometimes for its stem and seeds.

[Wikipedia](#)

Scientific name: Lactuca sativa

Rank: Species

Higher classification: [Lactuca](#)

Did you know: Lettuce plants are usually ready to harvest in six to 12 weeks.

Nutrition Facts

Lettuce, green leaf

Amount Per: 100 grams

Calories: 15

Total Fat: 0.2 g

Total Carbohydrate: 2.9 g

Protein: 1.4 g

[More nutrition information](#)

LOWER CLASSIFICATIONS

NUTRITION FACTS

Garlic

Amount Per 100 grams ▾

Calories 149

	% Daily Value*		
Total Fat 0.5 g		0%	
Saturated fat	0.1 g	0%	
Polyunsaturated fat	0.2 g		
Monounsaturated fat	0 g		
Cholesterol 0 mg		0%	
Sodium 17 mg		0%	
Potassium 401 mg		11%	
Total Carbohydrate 33 g		11%	
Dietary fiber	2.1 g	8%	
Sugar	1 g		
Protein 6 g		12%	
Vitamin A	0%	Vitamin C	52%
Calcium	18%	Iron	9%
Vitamin D	0%	Vitamin B-6	60%
Vitamin B-12	0%	Magnesium	6%

NUTRITION FACTS

Beets ▾

Amount Per 100 grams ▾**Calories** 43

	% Daily Value*		
Total Fat 0.2 g		0%	
Saturated fat	0 g	0%	
Polyunsaturated fat	0.1 g		
Monounsaturated fat	0 g		
Cholesterol 0 mg		0%	
Sodium 78 mg		3%	
Potassium 325 mg		9%	
Total Carbohydrate 10 g		3%	
Dietary fiber	2.8 g	11%	
Sugar	7 g		
Protein 1.6 g		3%	
Vitamin A	0%	Vitamin C	8%
Calcium	1%	Iron	4%
Vitamin D	0%	Vitamin B-6	5%
Vitamin B-12	0%	Magnesium	5%

Mixed nuts, oil roasted, with salt added ▾

Amount Per 100 grams ▾

Calories 607

	% Daily Value*		
Total Fat 54 g		83%	
Saturated fat	9 g	45%	
Polyunsaturated fat	15 g		
Monounsaturated fat	28 g		
Trans fat	0.1 g		
Cholesterol 0 mg		0%	
Sodium 273 mg		11%	
Potassium 632 mg		18%	
Total Carbohydrate 21 g		7%	
Dietary fiber	7 g	28%	
Sugar	4.2 g		
Protein 20 g		40%	
Vitamin A	0%	Vitamin C	0%
Calcium	11%	Iron	14%
Vitamin D	0%	Vitamin B-6	20%
Vitamin B-12	0%	Magnesium	57%

NUTRITION FACTS

Peanut ▾

Amount Per 100 grams ▾**Calories** 567

	% Daily Value*		
Total Fat 49 g		75%	
Saturated fat	7 g	35%	
Polyunsaturated fat	16 g		
Monounsaturated fat	24 g		
Cholesterol 0 mg		0%	
Sodium 18 mg		0%	
Potassium 705 mg		20%	
Total Carbohydrate 16 g		5%	
Dietary fiber	9 g	36%	
Sugar	4 g		
Protein 26 g		52%	
Vitamin A	0%	Vitamin C	0%
Calcium	9%	Iron	25%
Vitamin D	0%	Vitamin B-6	15%
Vitamin B-12	0%	Magnesium	42%

Almonds ▾

Amount Per 100 grams ▾

Calories 576

	% Daily Value*		
Total Fat 49 g		75%	
Saturated fat	3.7 g	18%	
Polyunsaturated fat	12 g		
Monounsaturated fat	31 g		
Trans fat	0 g		
Cholesterol 0 mg		0%	
Sodium 1 mg		0%	
Potassium 705 mg		20%	
Total Carbohydrate 22 g		7%	
Dietary fiber	12 g	48%	
Sugar	3.9 g		
Protein 21 g		42%	
Vitamin A	0%	Vitamin C	0%
Calcium	26%	Iron	20%
Vitamin D	0%	Vitamin B-6	5%
Vitamin B-12	0%	Magnesium	67%

NUTRITION FACTS

Cashews ▾

Amount Per 100 grams ▾

Calories 553

	% Daily Value*		
Total Fat 44 g		67%	
Saturated fat	8 g	40%	
Polyunsaturated fat	8 g		
Monounsaturated fat	24 g		
Cholesterol 0 mg		0%	
Sodium 12 mg		0%	
Potassium 660 mg		18%	
Total Carbohydrate 30 g		10%	
Dietary fiber	3.3 g	13%	
Sugar	6 g		
Protein 18 g		36%	
Vitamin A	0%	Vitamin C	0%
Calcium	3%	Iron	37%
Vitamin D	0%	Vitamin B-6	20%
Vitamin B-12	0%	Magnesium	73%

NUTRITION FACTS

Raisins, seedless ▾

Amount Per 100 grams ▾**Calories** 299

	% Daily Value*		
Total Fat 0.5 g		0%	
Saturated fat	0.1 g	0%	
Polyunsaturated fat	0 g		
Monounsaturated fat	0.1 g		
Cholesterol 0 mg		0%	
Sodium 11 mg		0%	
Potassium 749 mg		21%	
Total Carbohydrate 79 g		26%	
Dietary fiber	3.7 g	14%	
Sugar	59 g		
Protein 3.1 g		6%	
Vitamin A	0%	Vitamin C	3%
Calcium	5%	Iron	10%
Vitamin D	0%	Vitamin B-6	10%
Vitamin B-12	0%	Magnesium	8%

NUTRITION FACTS

Cabbage ▾

Amount Per 100 grams ▾

Calories 25

	% Daily Value*		
Total Fat 0.1 g		0%	
Saturated fat	0 g	0%	
Polyunsaturated fat	0 g		
Monounsaturated fat	0 g		
Cholesterol 0 mg		0%	
Sodium 18 mg		0%	
Potassium 170 mg		4%	
Total Carbohydrate 6 g		2%	
Dietary fiber	2.5 g	10%	
Sugar	3.2 g		
Protein 1.3 g		2%	
Vitamin A	1%	Vitamin C	60%
Calcium	4%	Iron	2%
Vitamin D	0%	Vitamin B-6	5%
Vitamin B-12	0%	Magnesium	3%

Cauliflower ▾

Amount Per 100 grams ▾

Calories 25

	% Daily Value*		
Total Fat 0.3 g		0%	
Saturated fat	0.1 g	0%	
Polyunsaturated fat	0 g		
Monounsaturated fat	0 g		
Trans fat	0 g		
Cholesterol 0 mg		0%	
Sodium 30 mg		1%	
Potassium 299 mg		8%	
Total Carbohydrate 5 g		1%	
Dietary fiber	2 g	8%	
Sugar	1.9 g		
Protein 1.9 g		3%	
Vitamin A	0%	Vitamin C	80%
Calcium	2%	Iron	2%
Vitamin D	0%	Vitamin B-6	10%
Vitamin B-12	0%	Magnesium	3%

Carrots ▾

Amount Per 100 grams ▾

Calories 41

		% Daily Value*	
Total Fat	0.2 g	0%	
Saturated fat	0 g	0%	
Polyunsaturated fat	0.1 g		
Monounsaturated fat	0 g		
Trans fat	0 g		
Cholesterol	0 mg	0%	
Sodium	69 mg	2%	
Potassium	320 mg	9%	
Total Carbohydrate	10 g	3%	
Dietary fiber	2.8 g	11%	
Sugar	4.7 g		
Protein	0.9 g	1%	
Vitamin A	334%	Vitamin C	9%
Calcium	3%	Iron	1%
Vitamin D	0%	Vitamin B-6	5%
Vitamin B-12	0%	Magnesium	3%

NUTRITION FACTS

Broccoli ▾

Amount Per 100 grams ▾**Calories** 34

	% Daily Value*		
Total Fat 0.4 g		0%	
Saturated fat	0 g	0%	
Polyunsaturated fat	0 g		
Monounsaturated fat	0 g		
Cholesterol 0 mg		0%	
Sodium 33 mg		1%	
Potassium 316 mg		9%	
Total Carbohydrate 7 g		2%	
Dietary fiber	2.6 g	10%	
Sugar	1.7 g		
Protein 2.8 g		5%	
Vitamin A	12%	Vitamin C	148%
Calcium	4%	Iron	3%
Vitamin D	0%	Vitamin B-6	10%
Vitamin B-12	0%	Magnesium	5%

NUTRITION FACTS

Green peas ▾

Amount Per 100 grams ▾

Calories 81

	% Daily Value*		
Total Fat 0.4 g		0%	
Saturated fat	0.1 g	0%	
Polyunsaturated fat	0.2 g		
Monounsaturated fat	0 g		
Cholesterol 0 mg		0%	
Sodium 5 mg		0%	
Potassium 244 mg		6%	
Total Carbohydrate 14 g		4%	
Dietary fiber	5 g	20%	
Sugar	6 g		
Protein 5 g		10%	
Vitamin A	15%	Vitamin C	66%
Calcium	2%	Iron	8%
Vitamin D	0%	Vitamin B-6	10%
Vitamin B-12	0%	Magnesium	8%

NUTRITION FACTS

Mustard oil

Amount Per 100 grams ▾**Calories** 884

	% Daily Value*		
Total Fat 100 g		153%	
Saturated fat	12 g	60%	
Polyunsaturated fat	21 g		
Monounsaturated fat	59 g		
Sodium 0 mg		0%	
Total Carbohydrate 0 g		0%	
Dietary fiber	0 g	0%	
Protein 0 g		0%	
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%
Vitamin B-6	0%	Vitamin B-12	0%
Magnesium	0%		

*Per cent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NUTRITION FACTS

Sunflower Oil ▾

Amount Per 100 grams ▾

Calories 884

% Daily Value*

Total Fat 100 g 153%

Saturated fat 13 g 65%

Polyunsaturated fat 36 g

Monounsaturated fat 46 g

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Total Carbohydrate 0 g 0%

Dietary fiber 0 g 0%

Sugar 0 g

Protein 0 g 0%

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 0%

Vitamin D 0% Vitamin B-6 0%

Vitamin B-12 0% Magnesium 0%

Wheat

Cereal grain



Wheat is a grass widely cultivated for its seed, a cereal grain which is a worldwide staple food. There are many species of wheat which together make up the genus *Triticum*; the most widely grown is common wheat. [Wikipedia](#)

Scientific name: *Triticum*

Rank: Genus

Higher classification: [Triticeae](#)

Did you know: In 2015, more than 50 percent of total US wheat was exported.

Nutrition Facts

Durum wheat

Amount Per: 100 grams

Calories: 339

Total Fat: 2.5 g

Total Carbohydrate: 71 g

Protein: 14 g

[More nutrition information](#)